



## Personal Health Questionnaire

This Questionnaire should help you to detect if you should get a doctor's appointment, before physical activity or getting exercise. If you are aged between 35 and 60 years, a preventive medical checkup might be reasonable. If your age is 60 or over, you should get a medical examination in any case.

Answer the questions below with reason.

1.	Did a doctor ever tell you that you have issues with your heart and advised you to only get exercise under medical supervision?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	Have you ever had chest pain, while resting or under physical stress, in the past month?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	Do you have any breathing issues while resting or under physical stress?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Did you ever fall because of dizziness or did you ever become unconscious?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	Do you have any issues with your bones or joints which could be fractured under physical stress?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6.	Did you ever get medicaments for high blood pressure, heart issues or breathing issues?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7.	Do you know any other reasons, why you should not be physical active or get exercise?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If your answers to several questions were YES, you should visit a doctor and get an examination and counseling.